

(Breakthrough, March 1983)

HEMI-SYNC® AND VISION IMPROVEMENT

by Jean Gold

I have been doing some very exciting work with a holistic eye doctor, and have begun to incorporate the Monroe tapes to induce Hemi-Sync while doing the exercises. The results have been tremendous on the area of the re-learning process and of steadiness of attention while doing the eye work.

I was recommended to a Dr. John Downing of Mill Valley for my eye problems. I have suffered from slightly crossed eyes, plus one eye being higher than the other. In addition, I have been right eye dominant, with the left eye simply not “seeing”. I went to Dr. Downing for a full eye exam which he does in a holistic or complete manner.

He determined that in addition to what I just mentioned, I had a type of tunnel vision, was not seeing color except around a very small central area, and that my optic nerve was swollen. Downing has discovered a unique principle in eye treatment. He works with color and light to expand one’s field of vision, reduce swelling of the optic nerve, correct diverging or crossed eyes, and improve vision. The patient also hears music through earphones in therapy.

He has set up a room with a devise that one looks into. It is basically an adjustable strobe light. He has three wheels of color that one can set to get various colors of the spectrum. In my case, he needed stimulation of the sympathetic nervous system to coax my crossed eyes to uncross, and we did this by setting the color wheel to the most intense color red (with a slight bit of gold). This color stimulates the pineal gland and thus the nervous system to gradually make changes in the physical structure of the eyes. In addition, he set the strobe light to 15 cps, or the beta frequency, to further stimulate the desired effect.

I suddenly got the idea of synchronizing the strobe light with the frequency following response as heard on the Monroe tapes. I have two tapes at this time: the *CONCENTRATION* (alpha and beta) and the *SOUND SLEEPER* (alpha and delta). As I have a problem with sleep, I have been using the sleep tape to try and learn the Hemi-Sync sleep pattern.

So I began to experiment with the relationships between the strobe light frequencies and the FFR on your tapes. The results are exciting. Not only do I get a very steady attention to the exercises, but I seem to be learning the new seeing patterns better.

After being treated for progress at Dr. Downing’s office, we established that not only has my crossed eye condition been reduced from a 30 diopters, but that my eyes have evened out

slightly from one being higher than the other. Also my field of vision has increased, and my vision has improved.

I am most grateful to Dr. Downing for his discovery, and want to acknowledge him for his beneficial program. I really think that there is a great potential for the Hemi-Sync process as related to this vision therapy. Coordinating a vision therapy strobe light with the FFR on the tape could lead to improved learning and more rapid success with the treatment.

The results experienced by Jean Gold during her vision improvement program using the Monroe tapes indicate improved performance and may well stimulate greater use and additional research projects.

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